

## CLAIMS

Claimed is:

1. A device for producing rhythmic stimuli to a user for assisting in the continuing movement of the user's muscles, comprising:

5 a. a housing;

b. a first controller for use by said user, said first controller comprising

i) nonvolatile memory, and

ii) a central processing unit;

c. a second controller for programming said first controller; said second controller  
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i) nonvolatile memory,

ii) a central processing unit,

iii) means for loading data into said second controller nonvolatile memory,

iv). an output device for communicating with said data processing device, and

15 v) a user interface;

d. an output device comprising

i) nonvolatile memory,

ii) means for producing a synchronizing timing signal,

iii) an audio synthesizer, and

e. means for creating a detectable signal;

f. a central data processing device comprising

i) nonvolatile memory, and

ii) a central processing unit

iii) whereby said central data processing device interprets input signals from said first and said second controllers and executes commands.

2. The device of Claim 1, wherein said housing is adapted to be worn in proximity to an ear of said user.

3. The device of Claim 1, wherein said nonvolatile memory of said central data processing device comprises a memory area for storing rhythmic sounds, musical tunes and accompanying parameters.

4. The device of Claim 3, wherein said parameters are selected from the group consisting of tempo, volume, frequency, and duration of said rhythmic sounds and mixtures thereof.

5. The device of Claim 3, wherein said nonvolatile memory of said central data processing device comprises a memory area for storing saving programs and other information.

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ii) means for producing a synchronizing timing signal,

iii) an audio synthesizer,

e. a transducer; and,

f. a central data processing device comprising

5 i) nonvolatile memory comprising

(1) a memory area for storing rhythmic sounds, musical tunes and  
accompanying parameters, wherein said parameters are selected from the  
group consisting of tempo, volume, frequency, and duration of said  
rhythmic sounds and mixtures thereof, and

10 (2) a memory area for storing saving programs and other information,

ii) a central processing unit

iii) whereby said central data processing device interprets input signals from said  
first and said second controllers and executes commands.

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